NHB/NMRTC Bremerton 2024 Visual Reflections

Ensuring an explanation with every exam… Cmdr. Teri Ryals, Naval Hospital Bremerton OB/GYN clinic department head and certified nurse midwife discusses the pap smear/pap test procedure provided at the Walk-In Cervical Cancer Screening Clinic held every Friday from 8 a.m. until noon, for those 21 and older in NHB's OB/GYN clinic. With January designated as Cervical Health Awareness Month, Ryals readily advocates the importance for women to routinely schedule their cervical cancer screening –
Added Note: Pap smears are now currently done on a referral basis… (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Right Sized Portion Plate
1/2 of your plate should be fruits and vegetables
Try these: pineapple, banana, cherry, kiwi or apple
Try these: tomato, spinach, broccoli or cucumber
Fruits
For healing wounds and a healthy immune system
Oils
Use sparingly
For healthy skin and eyes
Vegetables
Grains
For energy and healthy digestion
For building healthy muscles
Meat & Beans
Try these: whole wheat bread, roll, tortilla or brown rice
Try these: grilled chicken, fish, lean beef, egg or beans
1/4 should be whole grains
1/4 should be lean meat or protein
For Your Right Sized Servings

Nourishing balance for the personal palate …A healthy visual reminder for portion control is part of Naval Hospital Bremerton's Health Promotion and Wellness ShipShape program, helping to explain the importance of incorporating fruits, grains, vegetables and protein as part of everyone's essential daily nutritional needs. Designed as the official Navy weight management program, ShipShape supports those who enroll in the program - active duty and reserve military service members, dependents, retirees, and federal service civilians – to adjust, accommodate and adapt in making healthier decisions to help with weight management, physical readiness, and nutrition guidance. Those interested in enrolling in ShipShape can call 360-475-4541 or drop by NHB's Nutrition Clinic to be scheduled into the next session (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Competence clarified at Naval Hospital Bremerton…Cmdr. Krystal Chunaco, NHB Directorate of Surgical Services clinic manager receives refresher training on intraosseous devices from Lt. Barbara Kent, NHB Pediatrics Clinic department head, who was also the lead coordinator of the multi-disciplinary and collaborative Nurse Corps Skills Sustainment Fair – billed as a nursing fair for nurses by nurses - held over a two-day period in mid-January 2024. The event was tailored on competency refresher training on several high risk, low volume duties which any Nurse Corps officer might be called upon to render timely support in handling and covered both clinic skills and inpatient skills pertaining to the variety of nursing specialties (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

U.S. Navy Medical Service Corps officer Randy Le was out of uniform for a short time Jan. 18, 2024.

Capt. Maria Edusada, NHB/NMRTC Bremerton Director for Administration formally promoted Le to Navy lieutenant in front of command MSC officers, his Nutrition Management department and staff members.

Le, a registered dietitian, has led Nutrition Management over the last year to such notable highlights such as the Combined Food Operations staff recognized by Department of Defense's Consortium for Health and Military Performance for their ongoing work regarding military nutrition and the Schon Hall Bachelor Enlisted Quarters team receiving a 100 percent satisfaction from tenants.

Teal with a purpose…Service before self has been the guiding principle for Hospital Corpsman 2nd Class Crystal Munns during her 10 years in Navy Medicine. Her heightened standard of providing care to those in need extends to her crucial collateral duty as a victim advocate for sexual assault sufferers. "I decided to become a victim advocate because I wanted to be there for those individuals who do go through a hard situation and letting them know they are not alone. We are there to help them whenever needed to get back on their feet and show support," said Munns, April is designated by DoD as Sexual Assault Awareness and Prevention Month, and VAs such as Munns have a vital role when called upon.

Hospital Corpsman 2nd Class Matthew North, Mental Health department leading petty officer, describes several of his department's continuous process improvement initiatives to U.S. Navy Rear Adm. Pamela Miller, medical officer of the Marine Corps during her visit, April 4, 2024. The Kaizen Board concept is utilized throughout the command to visually assist clinical and departmental staff to openly engage in taking part in coordinating creative thinking through a developmental process into actual procedures in place.

Poised tonsorial support, perhaps…Retail Service Specialist Ryan Chavez takes the chair for a photo-op in Naval Hospital Bremerton's Salty Sheer Barbershop flanked (right to left) by Capt. Patrick Fitzpatrick, NMRTC Bremerton commanding officer and NHB director, Interim Command Master Chief Eric Morgan and Capt. Mark Lund, NHB executive officer during the official ribbon – and hair – cutting opening of the barbershop Feb. 5, 2024, for active duty personnel assigned to the military treatment facility (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

GROUP EXERCISE SCHEDULE
GROUP EXERCISE SCHEDULE
Happiness Chemicals and how to hack them
Naval Hospital Bremerton Nutrition Clinic

With February designated as Black History Month, Navy Medicine and Defense Health Agency commands such as Naval Hospital Bremerton are recognizing the exceptional service and many contributions of Black military and civilian personnel. When NHB's Diversity Council sent out a request asking staff members what Black History Month meant to them, Hospital Corpsman 3rd Class Anaya Taylor knew she had to share. "What does Black History Month mean to me? Black History Month is a spotlight for overlooked pages of history. It illuminates the stories, achievements, and struggles of black individuals," exclaimed Taylor. "It's a time to amplify their voices, acknowledge their resilience, and celebrate their individual contributions to culture, society, and the progress of our nation today." (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)

SELMA TO MONTGOMERY MARCH

"If I cannot do great things,
I can do small things in a
great way."
- Martin Luther King jr. -
BREMERTON
NMRTC
BANGOR
NAVAL HOSPITAL
EVERETT
PSNS

BREMERTON, WA
KEYPORT

BLACK HISTORY MONTH
"Honoring the Past, Securing the Future!"
Naval Hospital Bremerton

A rendering to remember…Secretary of the Navy Carlos Del Toro, flanked by Naval Hospital Bremerton and Navy Medicine Readiness Training Unit Everett leadership, takes a respectful moment to honor the namesake of NMRTU Everett clinic, Hospital Corpsman David R. Ray, Congressional Medal of Honor recipient (posthumously), killed in action March 19, 1969, for his actions during the Vietnam War at Phu Loc 6 near An Hoa in Quang Nam Province, Vietnam. "Great Americans. Everyone," stated Secretary Del Toro, acknowledging Ray and other Navy Medicine Congressional Medal of Honor recipients formally displayed before he met with assigned staff and toured their clinic while visiting Naval Station Everett, Feb. 14, 202 (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

A Surprise SECNAV Snapshot… Secretary of the Navy Carlos Del Toro met with hospital corpsman assigned to Navy Medicine Readiness Training Unit Everett David R. Ray Clinic while visiting Naval Station Everett Feb. 14, 2024. The clinic tour provided Secretary Del Toro the opportunity to meet and greet several of the approximately 80 staff members comprised of Navy Dental Corps, Hospital Corps, Medical Corps, Medical Service Corps, Nurse Corps and Civilian Corps personnel (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

A surgical sharing slice… As Navy physicians and surgeons assigned to Naval Hospital Bremerton took a brief respite to recognize their Navy Medical Corps 153rd birthday, March 4, 2024, the traditional cake-cutting portion of the celebratory event provided staff members to extend well-wishes to the approximately 35 Medical Corps officer assigned to the command (official Navy photo by Douglas H Stutz, NHB/NMRTX Bremerton public affairs officer).

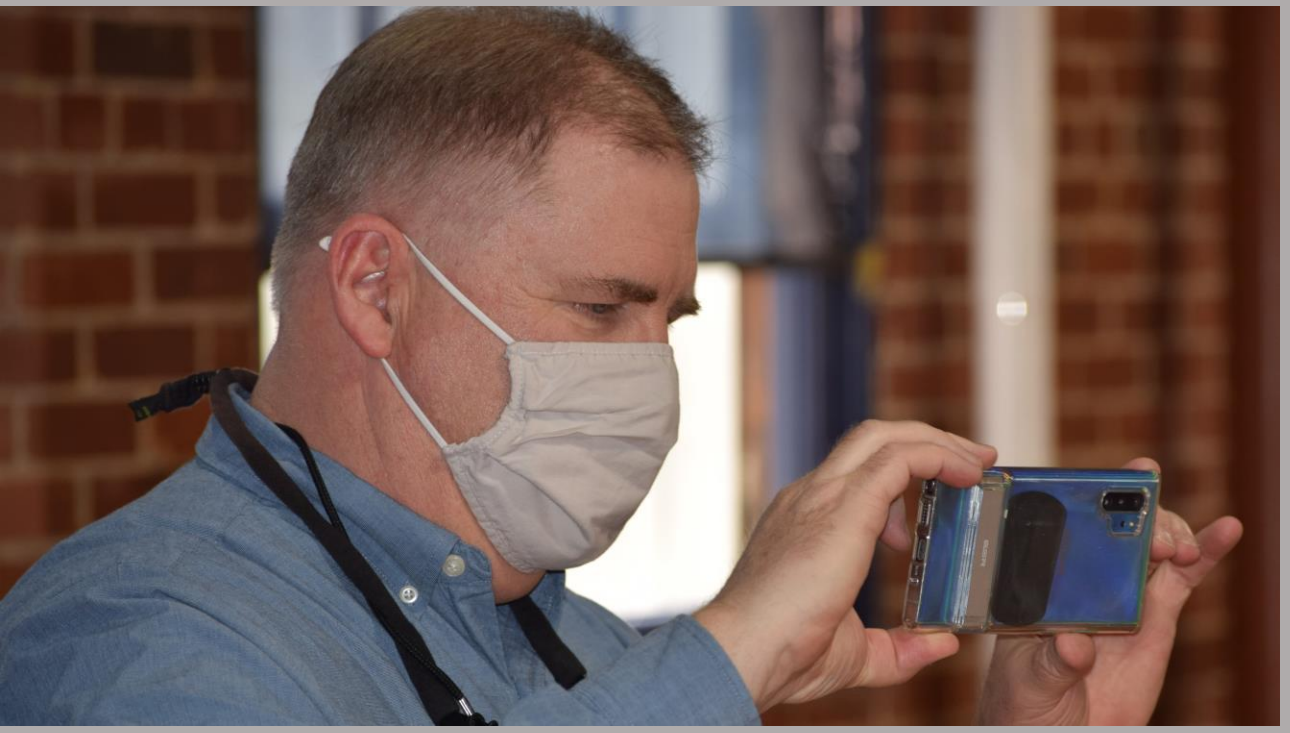
Getting a grasp during Patient Safety Week… Wielding awareness was for all hands in caring for those in need

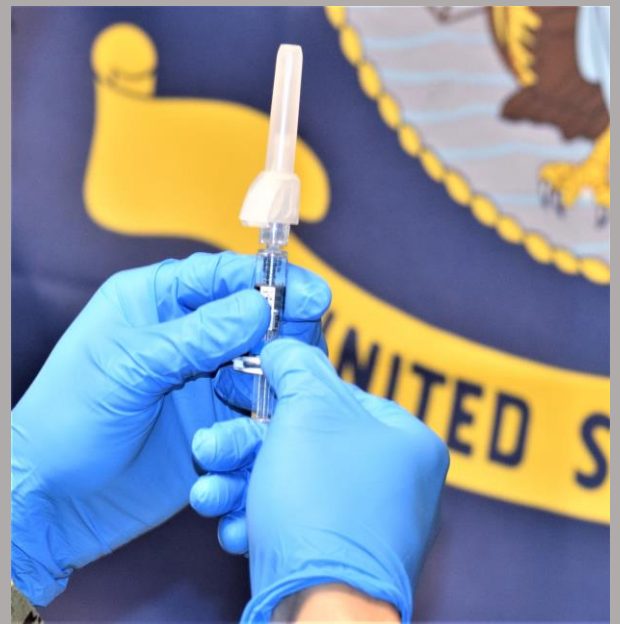
13
Peer Review Process Improvement
Plan
Improve Peer Review at Bangor Branch Clinic
• Re-imagine current peer review process to facilitate educational and professional growth
• Create scheduled time for in-person peer review completion and feedback
• Facilitate professional development with focused educational time each month
Directorate/Department: DBC
Project Lead(s): LT Karli Woollens
Team Members: Capt Harlan Dorey, Providers at Bangor Branch Clinic
PROBLEM STATEMENT
Peer review is a monthly requirement for credentialed providers at the MTF. The current process is done electronically, without time allotted for completion or for provider to provider interaction for feedback and professional development. This has become a 'to-do' item without added value to providers.
Project Goals
Update peer review process to include allotted time for education, peer-review completion with in-person feedback for professional development.
Do
Process Improved/ Changes Made
• Schedule monthly provider meetings during lunch hour
• Set aside 10-15 minutes for educational time "mini grand rounds"
• Prepare peer reviews for in-person review and set aside time for active feedback with goal of professional development and quality improvement
Check
Test the change
Provider Satisfaction Survey pre and post intervention demonstrated improvement in timely completion of peer reviews, improved educational and professional development, increased active feedback and overall provider satisfaction with the process.
Act
Utilize peer review as a time for providers to develop professionally
•Changing the Peer Review Process to be more productive and educational improves time completion and provider satisfaction
•Setting aside time for in-person peer review allows for educational growth and professional development.
•Active feedback on chart review is given more consistently during an in person peer review provider meeting.

Initiative on display…Inventive ingenuity was on display for staff, patient and visitor at Navy Medicine Readiness and Training Command Bremerton. During the command-wide Continuous Process Improvement Fair held March 11-14, 2024, multiple departments came together to showcase their ideas to enhance the impact on quality of patient care and patient safety, as well as mission readiness and more… (official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

With March designated as Women's History Month, we celebrate Women in Military Health at NHB!

Celebrating Women Who Tell Our Stories!





Readiness, Response and Recovery a NHB Public Health team effort - They're doctor, detective and defender all rolled into one. They respond to the stuff of ominous headlines, from a potential meningitis occurrence to a possible measles outbreak to a plausible tuberculosis comeback.

They are U.S. Navy public health officers.

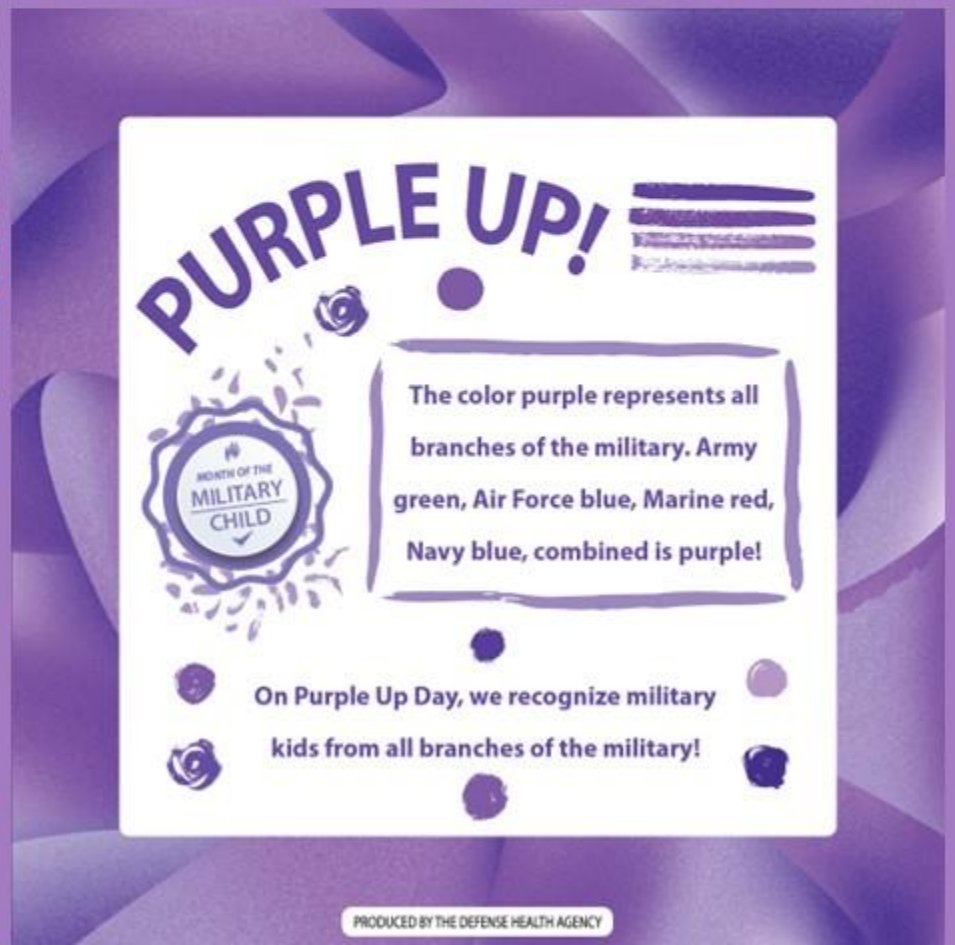
Although National Public Health week was officially recognized April 7-13, 2024, public health officers assigned to NHB continually focus on public protection measures of readiness, response, and recovery to handle public health emergencies and public health threats.

"Public Health is the science and art of preventing disease, optimizing health, promoting healthy behaviors, and engaging community learning through a spectrum of services. This can range from research on environmental factors that affect health like water safety and air pollution to occupational health supporting safe workplaces to population health which focuses on preventing disease and reducing health disparities," explained Cmdr. Carolyn Ellison, NHB Director for Public Health.

NHB's Public Health team provides an overarching range of services, such as preventive medicine, audiology and hearing conservation, industrial hygiene, radiation health, occupational health, and health and wellness supportive resources.

NHB/NMRTC Bremerton
Earth Day is Every Day!

END PLASTIC POLLUTION
https://www.earthday.org/
REDUCE
• Reduce your own plastic footprint
• Purchase sustainable products made without plastics
REFUSE
• Do you need a plastic straw?
• Do not accept plastic shopping bags
REUSE
• Bring reusable mesh bags for produce at the grocery store
• Purchase a reusable water bottle to replace single use bottles
RECYCLE
• Soda and water bottles
• Milk and juice jugs

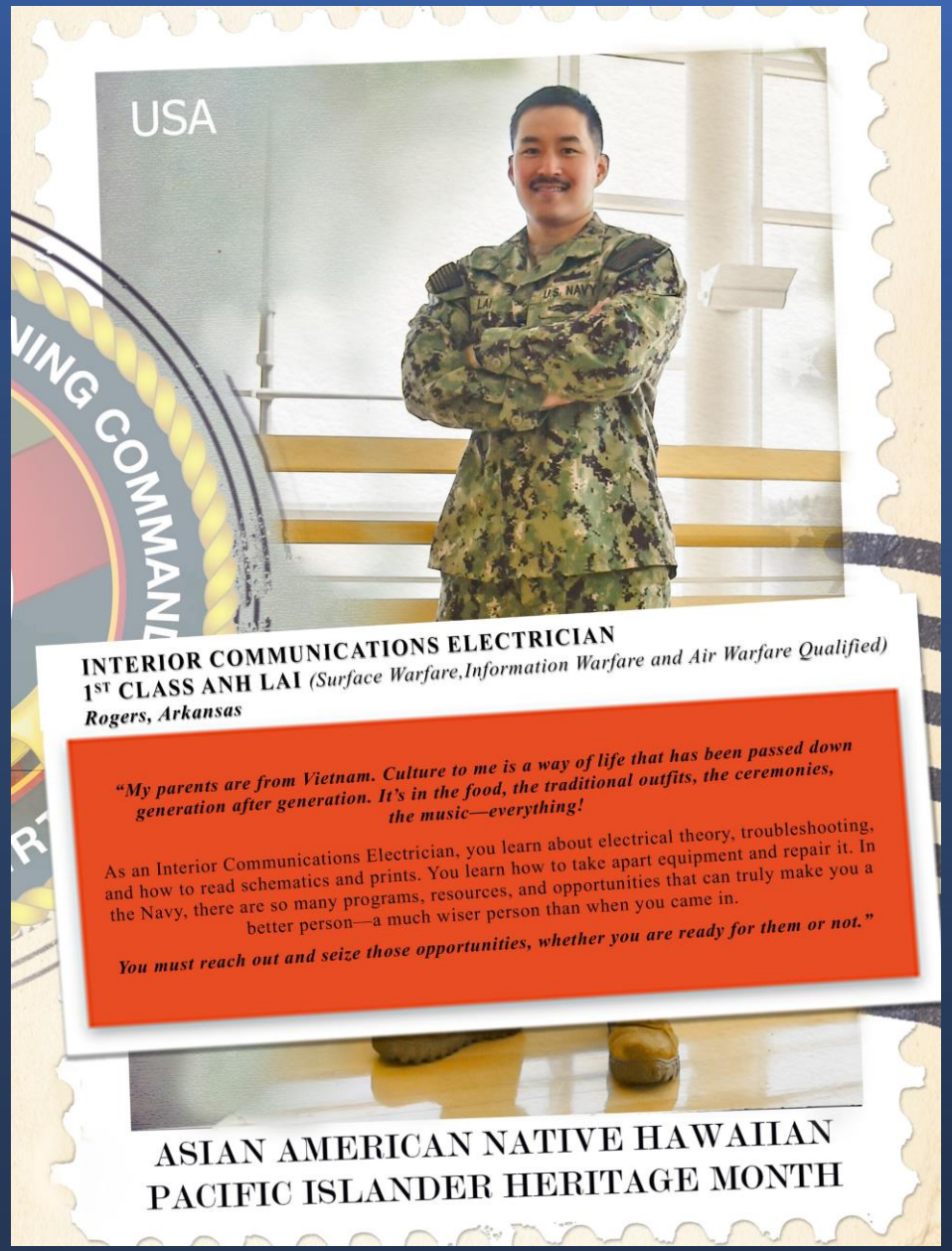

PURPLE UP!
MONTH OF THE MILITARY CHILD
The color purple represents all branches of the military. Army green, Air Force blue, Marine red, Navy blue, combined is purple!
On Purple Up Day, we recognize military kids from all branches of the military!
PRODUCED BY THE DEFENSE HEALTH AGENCY

Month of the Military Child - Celebrating Military Kids

As part of The Defense Health Agency, NHHB/NMRTC Bremerton staff recognize April as Month of the Military Child. There are approximately 1.6 million military children - each unique, every one special, all remarkable - who face many challenges and experiences because of their parents' service. We honor their resilient gift, we salute their indominable spirit, and we thank them for being such a special part of our military family. Mil Kids Rock!

Congratulations to Hospital Corpsman 3rd Class Julia Muro, anesthesia tech assigned to NMRTC Bremerton on her reenlistment!

Fair Winds & Following Seas,
HM1 Mary E. Neff


USA
INTERIOR COMMUNICATIONS ELECTRICIAN
1ST CLASS ANH LAI (Surface Warfare, Information Warfare and Air Warfare Qualified)
Rogers, Arkansas
"My parents are from Vietnam. Culture to me is a way of life that has been passed down generation after generation. It's in the food, the traditional outfits, the ceremonies, the music—everything!
As an Interior Communications Electrician, you learn about electrical theory, troubleshooting, and how to read schematics and prints. You learn how to take apart equipment and repair it. In the Navy, there are so many programs, resources, and opportunities that can truly make you a better person—a much wiser person than when you came in.
You must reach out and seize those opportunities, whether you are ready for them or not."
ASIAN AMERICAN NATIVE HAWAIIAN
PACIFIC ISLANDER HERITAGE MONTH

I AM NAVY MEDICINE

Hospital Corpsman 3rd Class

Genesis Lozada

FY 2024 Second Quarter Blue Jacket of the Quarter
Phoenix, Arizona

"Navy Medicine has not only provided care to me and my family, but also made me realize my bigger commitment to healthcare and further pushed the drive I have to pursue this career."

NAVY MEDICINE READINESS AND TRAINING COMMAND
BREMERTON

Congratulations!
Leading by example, pushing hard every day, and keeping Warfighters and their families healthy and in the fight!

I AM NAVY MEDICINE

Hospital Corpsman 2nd Class

Laura Suzanne Denmark

FY 2024 Second Quarter Sailor of the Quarter
Ringgold, Georgia

"If I can be that one person that always makes myself available for people, I could be the one person to help them succeed."

NAVY MEDICINE READINESS AND TRAINING COMMAND
BREMERTON

Congratulations!
Leading by example, pushing hard every day, and keeping Warfighters and their families healthy and in the fight!

NHB/NMRTC Bremerton Daisy Dash5K

Getting a Grip During Occupational Therapy Month at Naval Hospital Bremerton

A hypothetical scenario involving injuries to sight, sinew and senses was presented to Naval Hospital Bremerton's Physical Therapy department team.

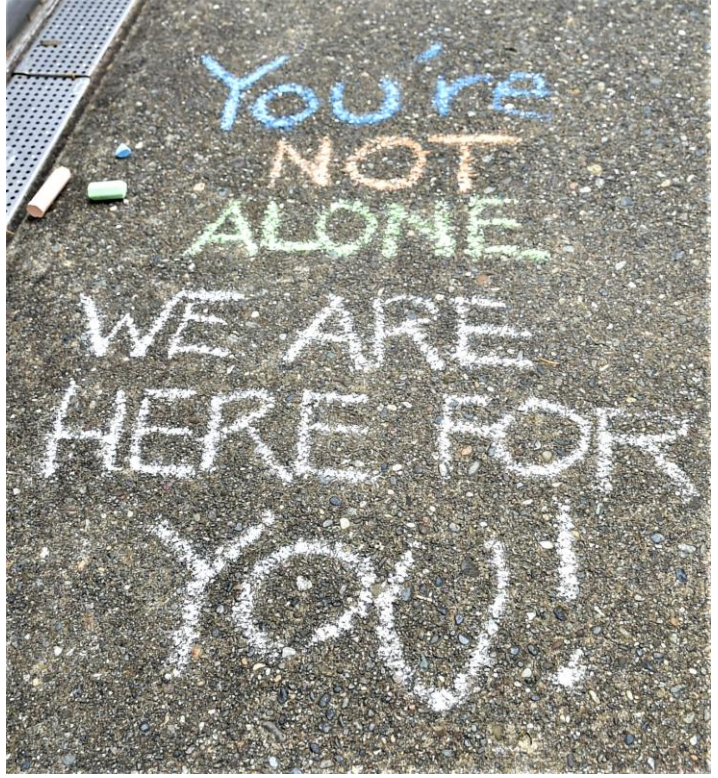
An industrial accident caused eyesight injury, along with shoulder, wrist and hand damage. There's chemical burns, sprains and strains.

After seeking immediate medical care, every body part associated with the accident still hurts, including having to deal with temporary blindness. The pain is as much mental and emotional as it is physical.

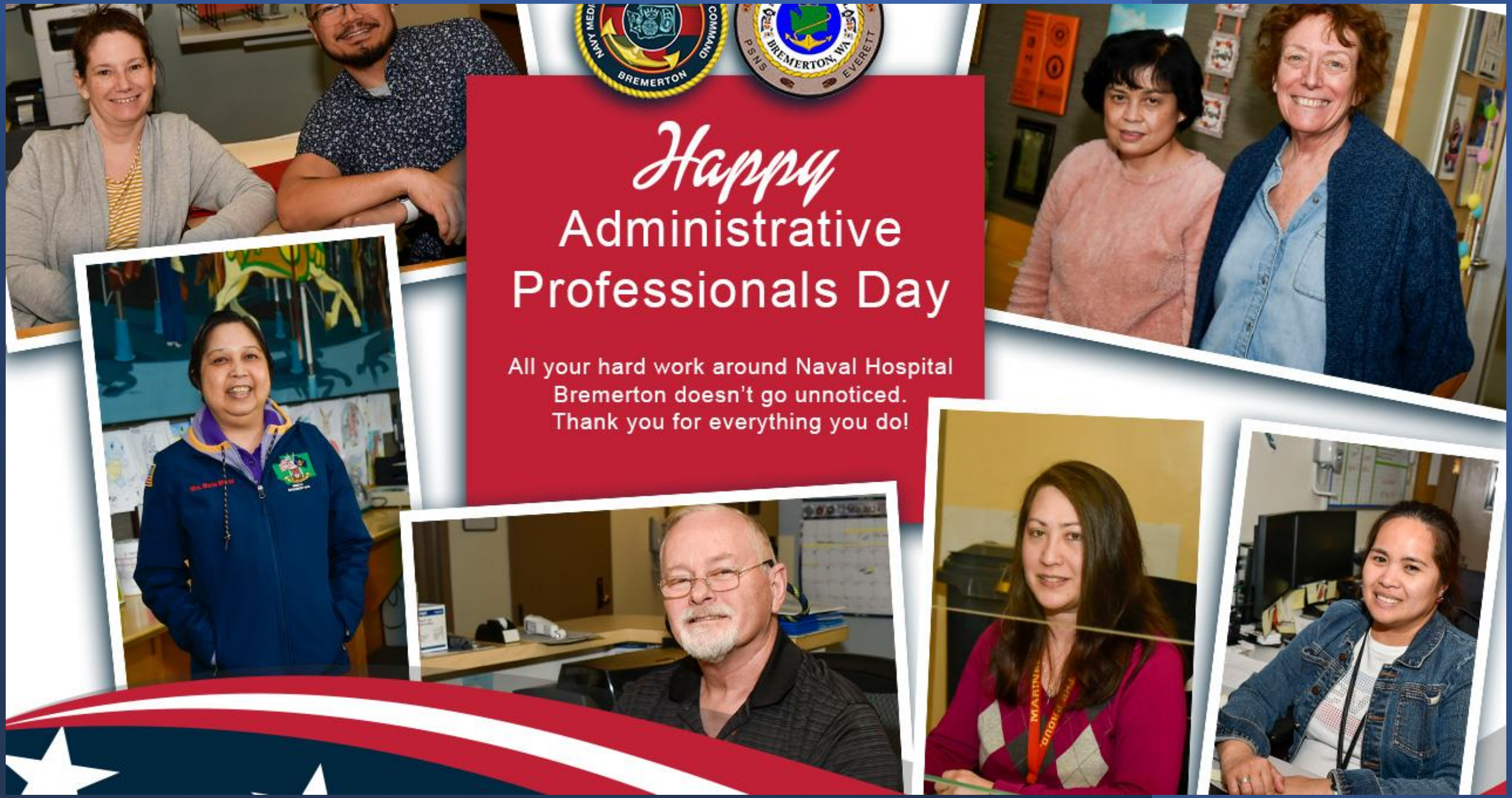
"It's OT time," exclaimed Ms. Teri Nyblom, NHB certified occupational therapist assistant.

From grip strengthening to vision restoration, Nyblom presented her Physical Therapy counterparts with practical, hands-on instruction of what occupational therapists offer any eligible beneficiaries during their recovering, recuperating and rehabilitating process.

With April designated as Occupational Therapy Month, Nyblom took the timely opportunity to showcase how she uses a holistic approach to help treat physical, psychological, and even emotional injuries.



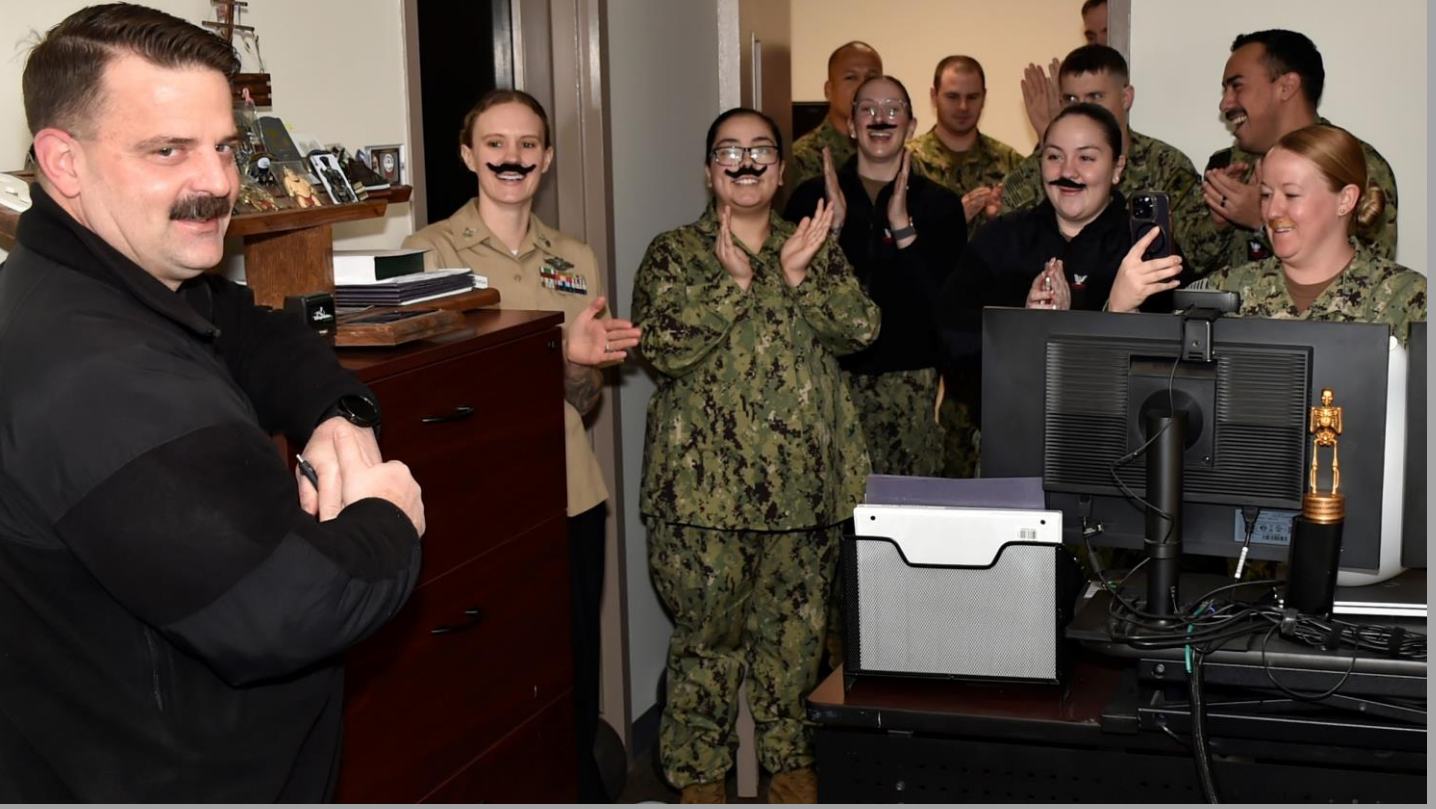
Chalk the SAAPM Talk at NHB/NMRTC Bremerton …Navy Medicine Readiness and Training Command Bremerton Sailors lend their creative and caring skill to decorate the command's sky bridge with sympathetic sketches, colorful communication, and heartfelt messages to remind staff, patient and visitor that the annual Sexual Assault Awareness Prevention Month campaign is not just for April but has an ongoing relevancy. Springs rains might wash away the wording and drawings, but the significance stays with the Navy Sexual Assault Prevention and Response program mission continuing to prevent and respond to sexual assault with concise education, comprehensive response, compassionate advocacy, and just adjudication to promote professionalism, respect, and trust, while preserving Navy mission readiness (Official Navy photo by Mass Communication Specialist 2nd Class Jennifer Benedict, NHB/NMRTC Bremerton public affairs)


Happy
Administrative
Professionals Day
All your hard work around Naval Hospital
Bremerton doesn't go unnoticed.
Thank you for everything you do!

It Takes A Team…Naval Hospital Bremerton's Information Management Department take a momentary pause from their hectic schedule which has had them undertaking the herculean task of accomplishing an command-wide computer system upgrade. Replacing older systems with new hardware and software on all workstations and laptops will improve user interface, enhance productivity features, optimize performance, and more importantly, provide tighter security (Official Navy photo by Douglas H Stutz, N HB/NMRTC Bremerton public affairs officer).

A judicious judicial welcoming…Vice Admiral Darse Crandall, Judge Advocate General of the Navy is greeted by Lt. Alexia Cain, JAG corps officer assigned to Naval Hospital Bremerton, May 7, 2024, for a familiarization visit as part of his whirlwind itinerary with Navy commands in the Pacific Northwest. Crandell also met with Mr. Louis Mielke, Disability Evaluation System counsel program attorney, and Jamie Swanson, assistant paralegal. As the 45th Navy Judge Advocate General, Crandall serves as the principal military legal counsel to the Secretary of the Navy and Chief of Naval Operations. He also leads the worldwide Navy JAG Corps community of approximately 2,500 attorneys, enlisted legalmen, and civilian employees, which also includes Ms. Marquita Hooks, NHB paralegal specialist (official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Pediatric literacy, one read at a time…When families bring their children to the David R. Ray Clinic for a pediatric clinic appointment, there is a special designated literacy area in the clinic, aptly titled Dr. Lukezic's Reading Corner, where patients are encouraged to read a book while waiting and even borrow to return on their next appointment. Hospital corpsmen on duty are known to readily fill the role of librarian and storyteller for the young patients in visually and aurally perusing several donated children's books, including those from the Reach Out and Read program. The non-profit organization provides age-appropriate books to a national network, which includes military treatment facilities, to help encourage the importance – and fun – of reading at a young age (Official Navy photo by Mass Communication Specialist 2nd Class Jennifer Benedict).



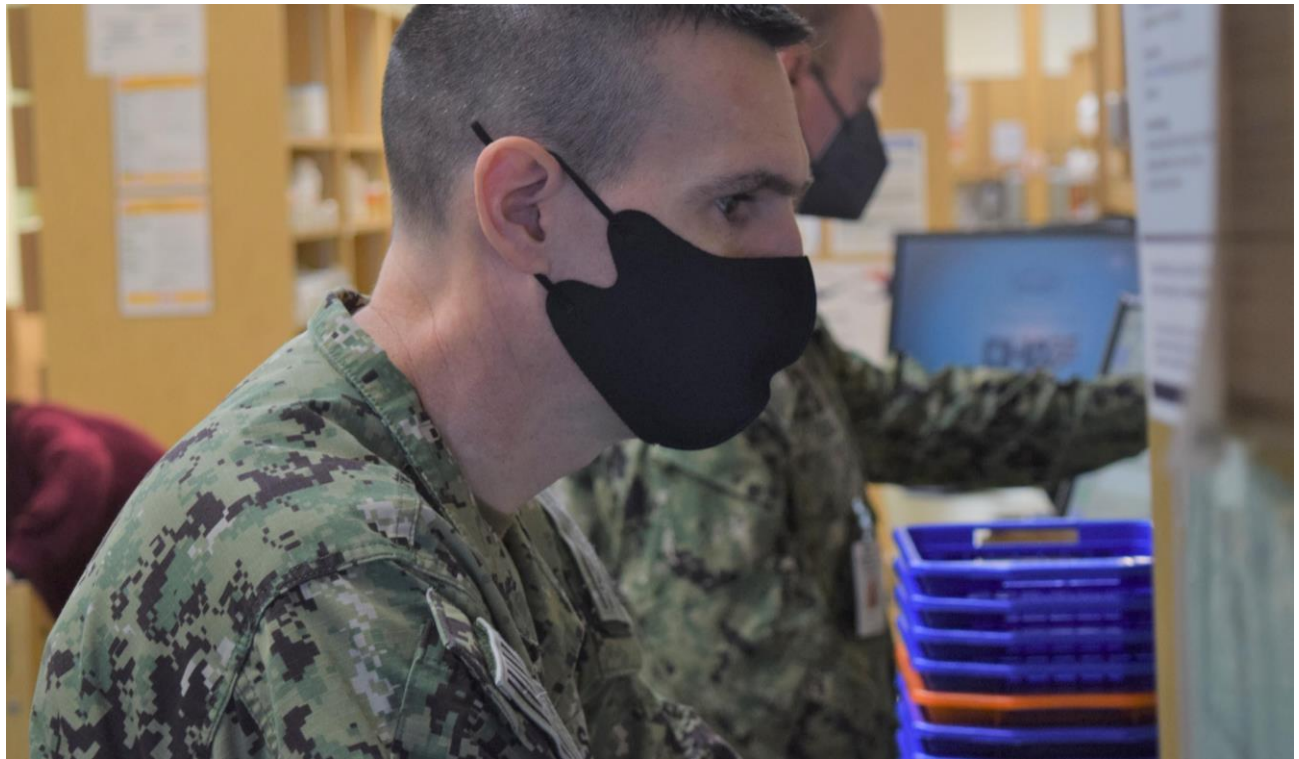
A whiskered birthday welcome…Master Chief Hospital Corpsman select Eric Morgan received hirsute hurrahs back in January by Navy Medicine Readiness and Training Command Bremerton Sailors once they found out it was his birthday (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Tall in the ranks…Master Chief Hospital Corpsman Walter Sladek II recent return from his extended deployment - over a year to Expeditionary Medical Facility, Camp Lemonnier, Djibouti where he served as senior enlisted advisor - has him reprising a similar role assigned at his second stint with Navy Medicine Readiness and Training Command Bremerton (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Lt. j.g. Catherine Basiga is commissioned as a Navy Medical Service Corps officer, June 3, 2024, with hands-on help from her family

Lt. j.g. Paulo C. Guillen is commissioned as a Navy Medical Service Corps officer with uniform assistance from his family, June 3, 2024

Lending an expert hand…Lt. Cmdr. Evan Romrell, NHB Pharmacy assistant department head and pharmacist has played a crucial daily role in establishing the vital programs and protocols for ScriptCenter, the automated and secure prescription refill dispenser, far exceeding Defense Health Agency expectations as well as civilian counterparts. NHB's efforts, led by Romrell, have elevated itself to the largest user of ScriptCenter in the country, including locations such as Mayo Clinic, Vanderbilt, and John Hopkins
(Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



For the approximately 95 nurses assigned – including nearly 50 Navy Nurse Corps officers – NHB/NMRTC Bremerton is celebrating National Nurses Week, May 6-12, 2024, which culminates with the Navy's Nurse Corps 116th Birthday from their initial date, May 13, 1908.

JUNE 17, 2024
NAVY MEDICINE READINESS AND TRAINING COMMAND
BREMERTON
HOSPITAL CORPS
BIRTHDAY - 126 YEARS
The U.S. Navy Hospital Corps has provided healthcare to service members and their families since
President William McKinley established the Hospital Corpsman rate on June 17, 1898.
Corpsmen, also known as "Docs," are known for their courage, loyalty, and dedication.

PRIDE

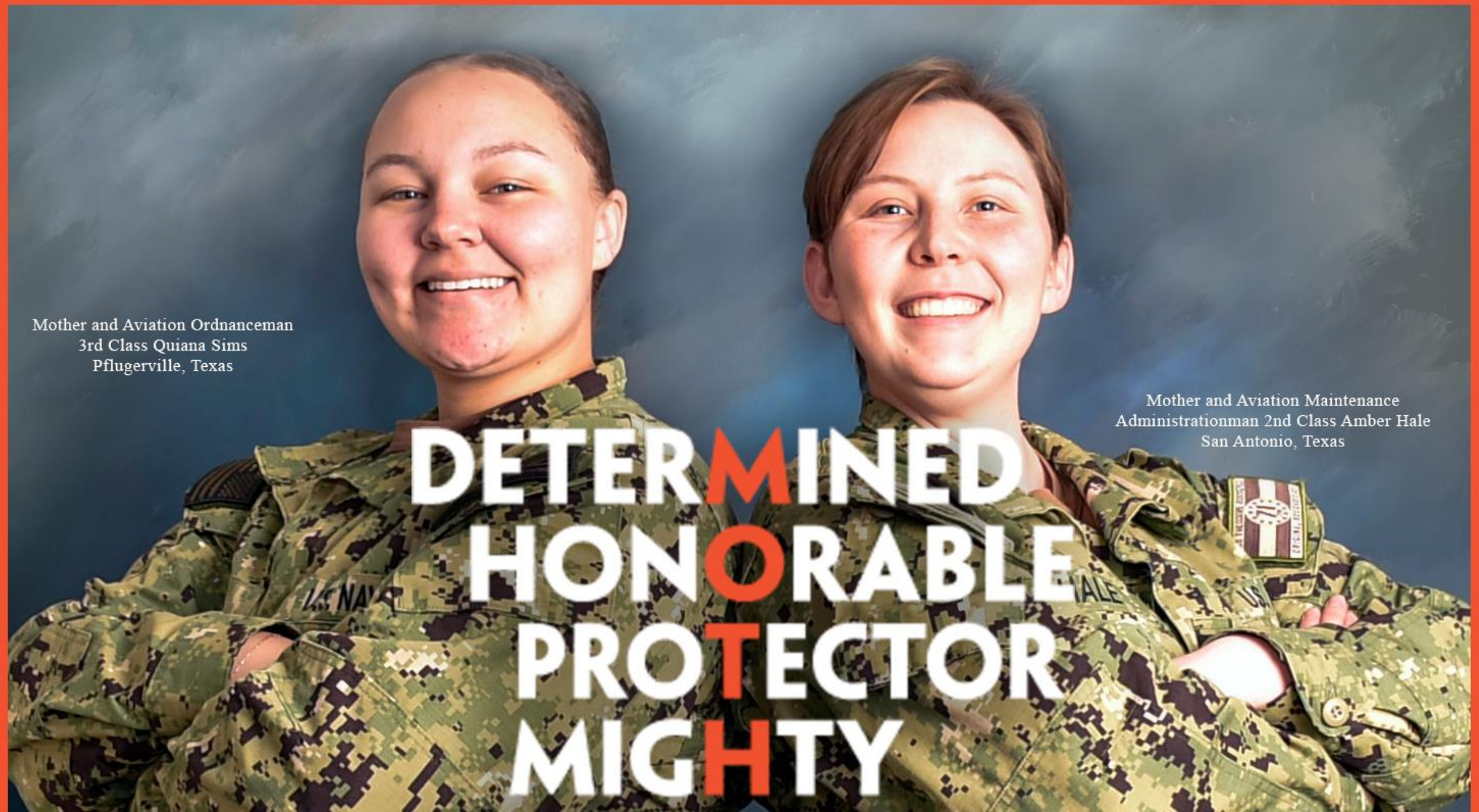
IN ALL WHO SERVE

PRIDE MONTH - JUNE

NHB/NMRTC Bremerton joined the Department of Defense in recognizing June as Pride Month, celebrating LGBTQI+ Service members who have courageously served and sacrificed in the U.S. military.

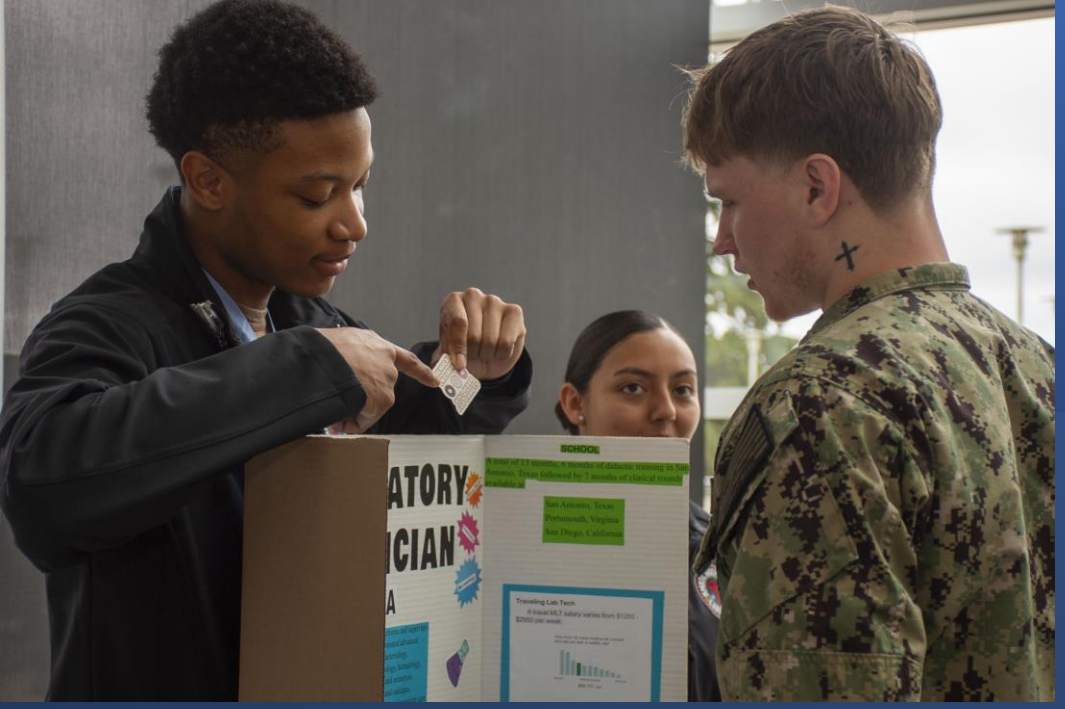
NHB/NMRTC Bremerton and DoD are committed to creating an environment that maximizes individual talents, increases morale, and enhances military effectiveness

MEN'S HEALTH MONTH 2024
TAKE CHARGE OF YOUR HEALTH
Men are less likely than women to seek medical care and are more likely to choose unhealthy behavior. Take charge of your health. Schedule your preventive care screenings ASAP.
#MensHealthMonth | #ShowUsYourBlue



Mother and Aviation Ordnanceman
3rd Class Quiana Sims
Pflugerville, Texas

Mother and Aviation Maintenance
Administrationman 2nd Class Amber Hale
San Antonio, Texas



Opportunity beckoned… and Sailors assigned to Navy Medicine Readiness Training Command Bremerton responded by attending a command held Navy Enlisted Classification job fair held recently, which primarily focused on Hospital Corps specialties, and provided educational, enlightening, and edifying insight to all interested enlisted personnel (official Navy photo by Mass Communication Specialist 2nd Class Jennifer Benedict, NHB/NMRTC Bremerton public affairs office).

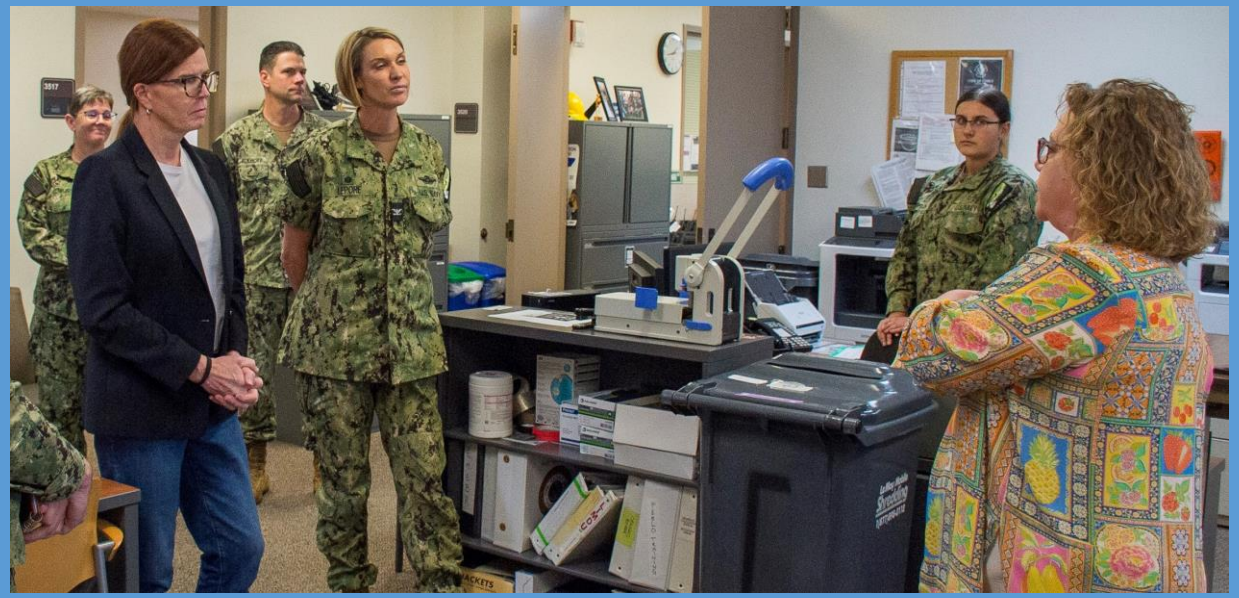
FAMILY CARE CENTER

Eyes-on and hand-held authentication…Navy Ens. April M. White, Naval Hospital Bremerton's laboratory manager and division officer, as well as Medical Service Corps officer, conducts validation of patient results from our old Urinalysis analyzer (IQ 200 Iris) with our new Urinalysis analyzer (DXU840) for integration with DoD's new electronic health record MHS Genesis. White is one of approximately 25 MSC officers assigned to NMRTC Bremerton, providing expertise in 31 specialties which comprise three basic branches – Health Care Administration, Clinical Care and Health Care Science - to handle myriad responsibilities throughout the many Navy Medicine hospitals and clinics across the seven seas (Official Navy photo by Mass Communication Specialist 2nd Class Jennifer Benedict, NHB/NMRTC Bremerton public affairs).

Taking on the Corps Challenge… Despite the ongoing workload associated with his position, Lt. j.g. David Tegtmeyer, deputy chief information officer and operations management department head assigned to Navy Medicine Readiness Training Command Bremerton, still found the time to take part in a 200-mile relay run with 11 other command members in 2023. He took on that challenge in the same way he did at work, by methodically putting in the necessary training to be prepared to take on the grueling two-day event. "It was definitely a challenge. I greatly enjoy running and being outside so the event itself was extremely enjoyable. The hard part was the discipline needed to train leading up to the event," remarked Tegtmeyer, one of approximately 25 MSC officers assigned to NMRTC Bremerton. August 4, 2024, marked 77 years ago in 1947 for the corps to be officially established. "It makes me proud to be part of the MSC. Providing support to ensure patient care is very rewarding to me," shared Tegtmeyer. Collectively they provide expertise in 31 specialties which comprise three basic branches to handle all those many responsibilities throughout the many Navy Medicine hospitals, clinics and Navy fleet assets across the seven seas (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

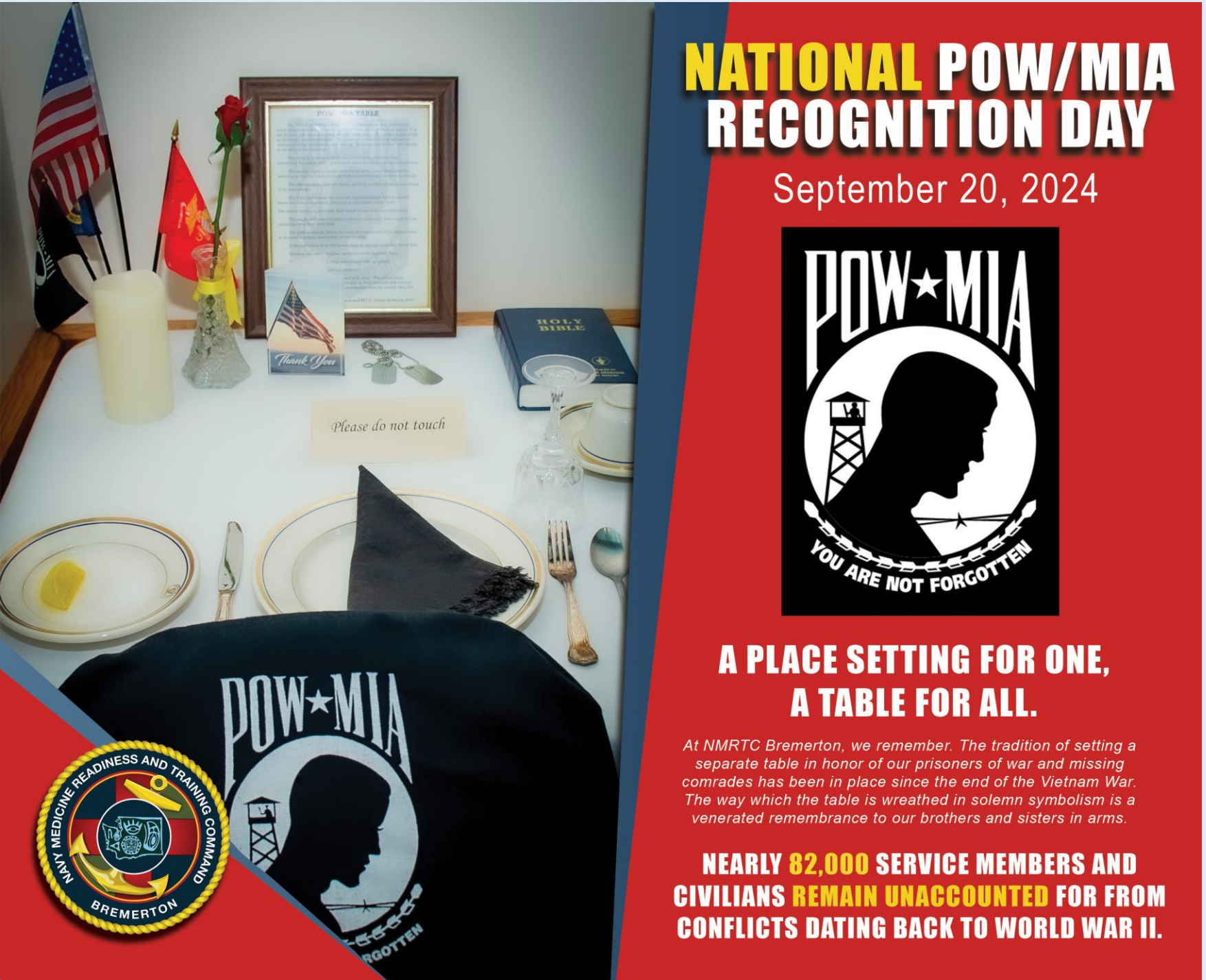
NHB/NMRTC
Bremerton Scenes

NHB/NMRTC Bremerton Scenes



NMRTC Bremerton hosted the Honorable Shawn G. Skelly, Performing the Duties of Deputy Under Secretary of Defense for Personnel and Readiness, for a familiarization visit, August 28, 2024, which included fact-finding stops and meet-and-greet sessions with such command staff as physical evaluation board liaison officer, April Dinucci; Lt. Cmdr. Trinity Dunham, Mental Health division officer and clinical psychologist; and L.t Shane Green, emergency nurse assigned to the Urgent Care Clinic (Official Navy photos by Mass Communication Specialist 2nd Class Jennifer Benedict, NHB/NMRTC Bremerton public affairs officer)

NHB/NMRTC Bremerton Change of Command, August 15, 2024



NATIONAL POW/MIA RECOGNITION DAY

September 20, 2024

POW★MIA

YOU ARE NOT FORGOTTEN

A PLACE SETTING FOR ONE, A TABLE FOR ALL.

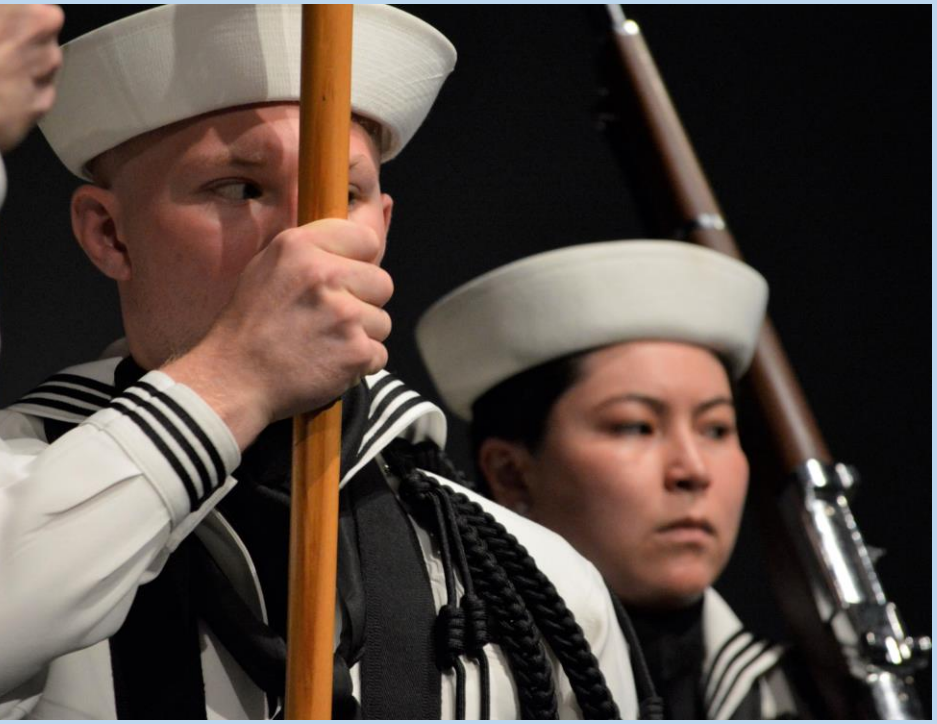
At NMRTC Bremerton, we remember. The tradition of setting a separate table in honor of our prisoners of war and missing comrades has been in place since the end of the Vietnam War. The way which the table is wreathed in solemn symbolism is a venerated remembrance to our brothers and sisters in arms.

NEARLY 82,000 SERVICE MEMBERS AND CIVILIANS REMAIN UNACCOUNTED FOR FROM CONFLICTS DATING BACK TO WORLD WAR II.

There's a small, immaculate, reserved dining table in Naval Hospital/Navy Medicine Readiness Training Command Bremerton's Terrace Dining Facility. It symbolically offers a place setting for one, and a table for all. The POW/MIA table has been a tradition in solemn remembrance of America's prisoners of war and those missing in action since the end of the Vietnam War. According to compiled data from 2021, it was estimated that there are more than 38,000 Americans unaccounted for who have been deemed recoverable, dating back to World War Two up to Operation Iraqi Freedom. In fiscal year 2020, 120 former missing personnel were recovered by the Defense POW/MIA Accounting Agency, with 82 from the Second World War, 36 from the Korean War and two from the Vietnam War. For FY 2024, current identifications recently accounted for by DPAA are 116 from WWII, 29 from the Korean War and four from Vietnam War (Official graphic by Mass Communication Specialist 2nd Class Jennifer Benedict, NHB/NMRTC Bremerton public affairs office).

Frocked and Feted…Hospital Corpsman 2nd Class Ryan Weber is promoted to his current rank in front of colleagues continuing his duties as behavioral health technician and Substance Abuse Rehabilitation Program work center supervisor assigned to Navy Medicine Readiness Training Command Bremerton (Official Navy photos by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Scripted…the timesaving ScriptCenter at NHB has proven to be such a sensation that a second automated system has been added to serve over 7,850 registered users. NHB's ScriptCenter is already used more than any other in the U.S. – surpassing such locales as Mayo Clinic, Vanderbilt and John Hopkins - for picking up prescriptions after being installed on Naval Station Everett in 2021 and added on Naval Base Kitsap Bangor and NHB in February 2022. Since the inaugural opening, over 89,900 prescriptions have been dispensed to 6,874 different patients, with 35,831 distributed after hours and on the weekends. New users can start the process by using their cell phone to text the words 'get in line' to 1-877-909-2512 for Q-Anywhere. The advantages to any eligible beneficiary are multiple. Patients can follow their own time and own schedule. There's no waiting. When combined with Q-Anywhere a patient can request medications and pick them up without ever waiting on hold or setting foot in the pharmacy waiting room. First time users require enrollment using a prescription number. But if a patient doesn't have one, they can just text the Pharmacy and one will be provided (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



Parading a Tradition…There has been a color guard legacy from Sailors assigned to Naval Hospital Bremerton over the years – such as Hospital Corpsmen Cameron Rima and Miracle Suzuki - rendering support for a wide range of official observances, both on and off Navy installations. From Washington State Special Olympic events to Memorial Day remembrances to even unique iconic requests to conduct symbolic and solemn flag presentation and folding for two steel I-beams from the World Trade Center attack on Sept. 11, 2001, which were transported to Kitsap County in 2010 to become the focal point of a 9/11 memorial (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Navy Chief Arriving

A Name – and Career – Change like no other

OCTOBER IS NATIONAL

Breast CANCER

AWARENESS MONTH

EARLY DETECTION IS VITAL

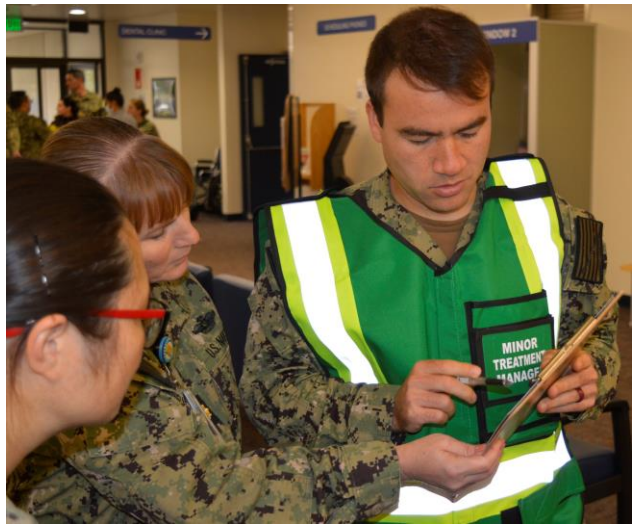
A mammography screening test is recommended for all Women 40 and older, schedule yours today.

TO REQUEST A BREAST CANCER SCREENING MAMMOGRAM, CALL NHB MAMMOGRAPHY AT (360) 475-4220

Courtney Pease
Mammography Lead Technologist
Radiology, NMRTC Bremerton

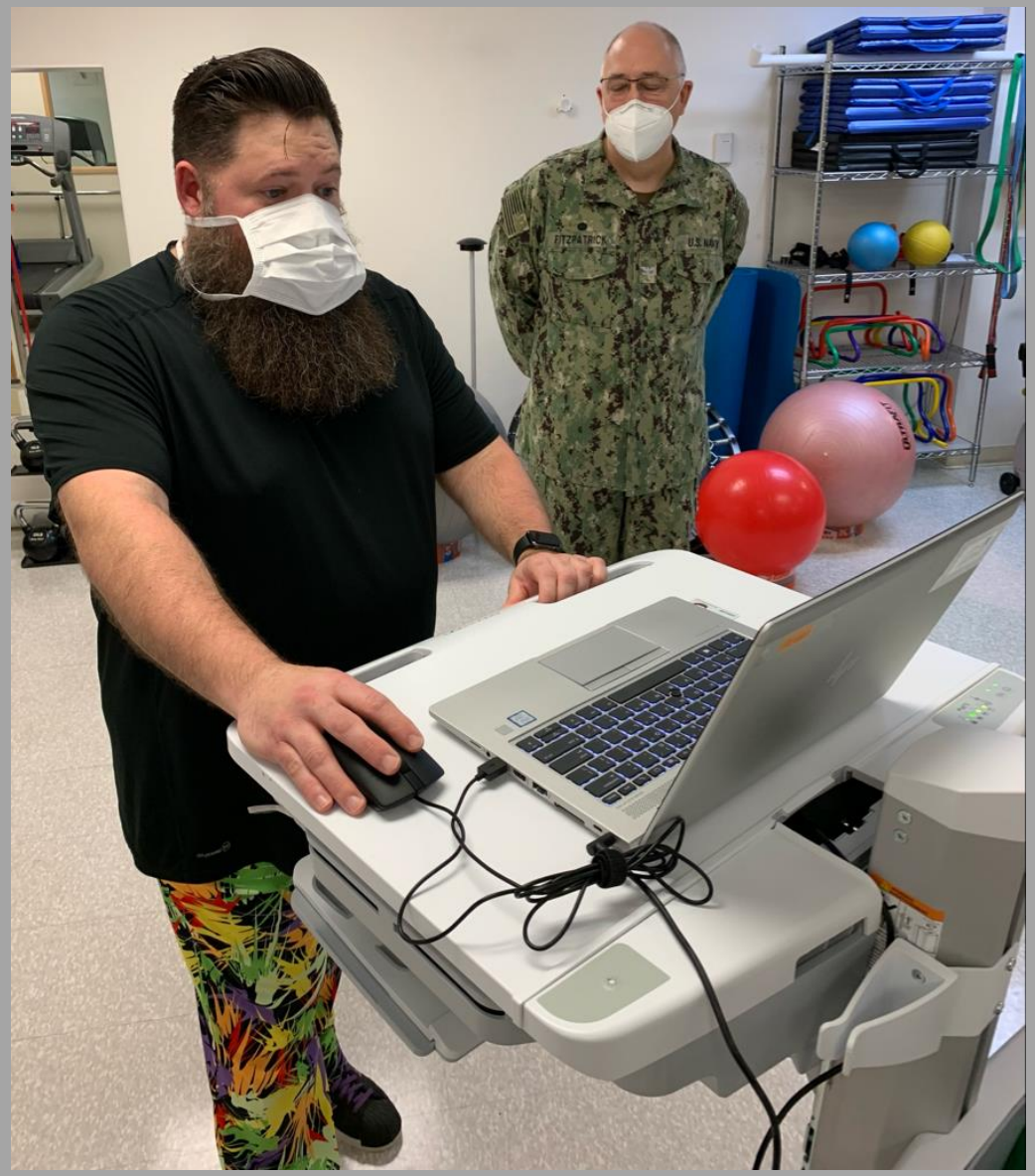
It’s time to roll up your sleeves for the annual flu shot from Naval Hospital Bremerton, just as Capt. Karla Lepore, NHB director and NMRTC Bremerton commanding officer.
The influenza vaccination - required for all active-duty military personnel, selected Reservists and healthcare workers - shot exercise for tenant commands will be held October 21-22, 2024, at NHB’s Health and Education Center (BHEC), 2850 Thresher Ave, Naval Base Kitsap Bangor, from 8 a.m. to 3 p.m. The annual influenza vaccination for all eligible family members of active duty and retirees will take place October 23-27, 2024, also at NHB’s BHEC, Wednesday-Friday, from 1 p.m. to 6 p.m., and Saturday and Sunday, from noon until 5 p.m.
Command population health and environmental health officers attest that immunization remains the primary method of reducing seasonal influenza illness and any potential associated complications. Being vaccinated against the viral threat not only helps protect vaccinated individuals but can assist in protecting family and co-workers by helping reduce the spread of the disease (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

Taking a Seismic Account…NHB earthquake response drill Oct. 15, 2024, focused on a full-scale evacuation of the military treatment facility and complete accountability of all hands. "We have to know where everyone is. It's absolutely crucial. We need 100 percent accountability, whether they are here in the building or off duty or deployed or on leave. It's crucial. Should the building collapse or portions fall, we have to account for everyone. If we can't, they could possibly be in those damaged areas. We would then determine if we needed to send fire and rescue or first responder teams to search in that location," stated Terry Lerma. NHB emergency manager. The exercise scenario was held in conjunction with Commander Naval Installations Command Citadel Rumble and Operation Dynamo 2024 (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton PAO).



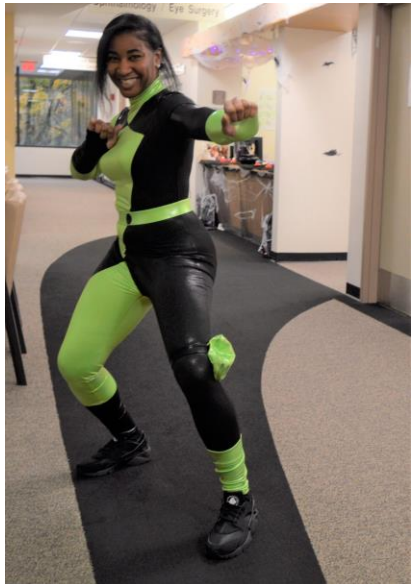
Navy Medicine Readiness Training Unit Bangor staff rapidly responded to a [mock] earthquake, Oct. 17, 2024. The exercise scenario – held in conjunction with Commander Naval Installations Command Citadel Rumble and Operation Dynamo 2024 – provided the opportunity for the branch health clinic to test a handful of objectives which are considered crucial during any actual seismic event. Clinic personnel were able to effectively test their collective capability to drop, cover and hold; evacuated all personnel, achieve 100 percent accountability of all those evacuated; provide triage to injured appropriately, and readily exchange timely communication with each other throughout the drill (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

NHB/NMRTC Bremerton Salutes All Veterans



That's a wrap…Ed Gerlach, physical therapist assistant with Naval Hospital Bremerton has been working in his chosen career field at Defense Health Agency military treatment facilities for 16 years, with the last decade at NHB. With October designated as National Physical Therapy Month, Gerlach helps provide a wide array of physical therapy services for eligible patients. Last year, NHB's Physical Therapy saw over 9,200 patients. As a physical therapist assistant, Gerlach works under supervision of a physical therapist in helping patients improve their mobility and function after injury and surgery. He also assists in evaluating, instructing and treating musculoskeletal ailments and disorders, and providing specifically designed routines to help clients recover, recuperate and rehabilitate.

"Being from the military community, it's just felt like home here. I have been around the military my whole life so being able to help military families and help give back means a lot. I know the hardships that come along our lifestyle. And the best part is just how much fun it is meeting new people all the time and helping improve their quality of life," shared Gerlach

ELEVATORS
WRONG WAY


Seeing is believing… There will be pediatric ophthalmology available starting December 2024 at Naval Hospital Bremerton.
In joint collaboration with Madigan Army Medical Center, a pediatric ophthalmologist specializing in diagnosis and treatment of eye disorders with younger patients - from newborn to age 17 – will be onboard NHB on a monthly basis. Parents are recommended to get with their primary care manager for a referral, especially for such reasons as, family or personal history of eye issues. "Genetic eye issues that run in the family, or if your child had a history of eye issues," said Nguyen. Misalignment or wandering of eyes. "If you notice the eyes do not line up when looking at an object, or an eye is wandering," said Nguyen. The child communicates vision issues; Standing too close to television, screens, or other objects, or failed a vision test at school; History of headaches or eye pain; Red irritated eyes or rubbing of the eyes; One or both eyes constantly tearing, or eyes producing a yellowish white substance; Light appearing pupils. "If one or both pupils are no longer black or appear gray/white," said Nguyen; and any change(s) to the eyes, such as visible alteration to sizes of pupils, droopy eyelids, difference in the size of the eyes, or anything else concerning (Official Navy photo by Douglas H Stutz, NHB/NMTRC Bremerton public affairs officer).

Let there be light…Naval Hospital Bremerton's tree lighting ceremony officially illuminated the holidays at the military treatment facility, December 10, 2024. NHB has kept a symbolic light on for those active-duty staff members over the years who have been deployed during the holidays, signifying with the command's annual event. The tree-lighting is a long-established custom representing light, faith and hope which embodies the entire ceremony. The lights which adorn the tree are reminders of how the light of faith can dispel the darkness of a person's fears, uncertainty and isolation. The tree itself, with the branches arching towards the heavens, has been a sign of faith for many throughout the ages. As a 'tree of life,' it endures the seasonal cycle from life to death to life again, inviting those attending to experience the spiritual renewal and hope that the holidays offer. The ceremony also included a visit by Santa, courtesy of Cris Larsen, notable local civic leader active with the Bremerton Chamber of Commerce Armed Forces Festival (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)